

# Food & Fit

*The Soup Month*

*Edition 02*

*January 2020 - English*







It's getting icy outside, nothing better to warm up than exercising, followed by a bowl of hot and nourishing soup.

In edition 01 we wrote about the January seasonal products; most of these can be used as great soup ingredients.

In this edition, you will discover two nourishing & balanced soups; not only will you be using natural products, but you will also make delicious soups that will warm your cold winter days.

**Are you already applying your new year resolutions?**

**January is almost over, and it's about time to have a plan and put it into action.**

**Don't worry; you are not alone; in this edition, you will find new exercise tips to start exercising quickly.**



# SEASONAL RECIPES

Here are two Nourishing and Balanced Soup Recipes, as well as the start to run protocol.

## ROOT SOUP

### Ingredients:

- 1 bunch turnip
- 2 beautiful carrots
- 100gr cooked chickpeas
- 50 gr of quinoa or rice
- 1 tablespoon olive oil
- 1 tablespoon turmeric (curcuma)
- chopped fresh coriander
- 1 vegetable or chicken bouillon cube
- black pepper or chilli

The turnip is a seasonal vegetable rich in vitamins and minerals, like potassium, which will be useful for muscle contraction and the synthesis of carbohydrates and proteins. Combined with chickpeas and quinoa, this soup will provide you with the proteins necessary for building your muscles.

Given its low-calorie content, you can eat this soup without moderation as a main dish or as a snack, a maximum of 1:30 before the start of your physical activity.

## WINTER FLAVOUR SOUP

### Ingredients:

- a small butternut
- 2 carrots
- 100gr of coral lentils
- 3 crushed garlic cloves
- two handfuls of hazelnut
- 1 tsp hazelnut oil
- 1 tbsp olive oil
- 1 tbsp chopped parsley
- 1 bouillon cube
- black pepper

- Cut and dice the butternut and carrots.
- Brown the olive oil in a saucepan.
- Once hot, brown the diced vegetables for a few minutes.
- Add the garlic.
- Add the bouillon cube.
- Cover with water and cook for 10 min.
- Meanwhile, roughly chop the hazelnuts, set aside.
- After 10 minutes of cooking, add the coral lentils.
- Cook for another 15 min over medium heat.

**Serve and add a dash of hazelnut oil, some chopped hazelnuts, pepper and parsley.**



## START TO RUN PROTOCOL

**Step 1)** Jump into a running treadmill at the gym, start a session, and increase the speed to a comfortable walking pace and keep it for 5 minutes. Your HR is still very low, probably around 60%MHR

**Step 2)** Increase the speed to light, comfortable running speed and keep it for 5 minutes, your HR increased a bit, perhaps between 65% and 70% of MHR

**Step 3)** After each minute, increase your speed by 0,1km/h until you reach 80% of MHR when you reach that intensity stop increasing the speed.

**Step 4)** Hold that running speed for as much time as you can if your HR increases by 5% or more, reduce your pace, or stop for the day.

**Step 5)** Cooldown for 5 minutes at a walking pace.

**That's it; now you need to apply and repeat it every time you go to the gym, use the same training pattern on the indoor bike as well. You will see improvement session after session, your training time will increase, and your final speed at 80% will increase as well over time.**



# HR MONITOR

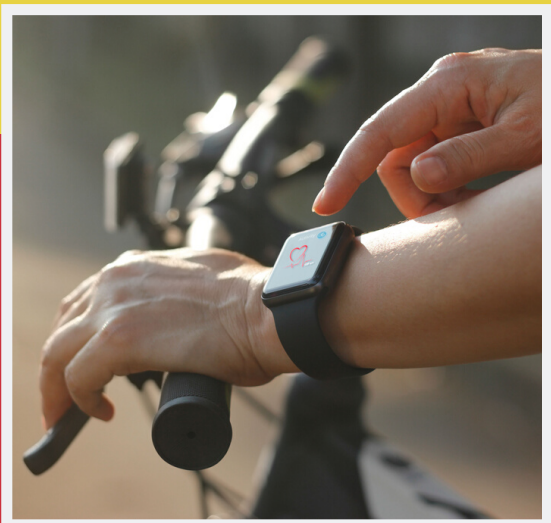
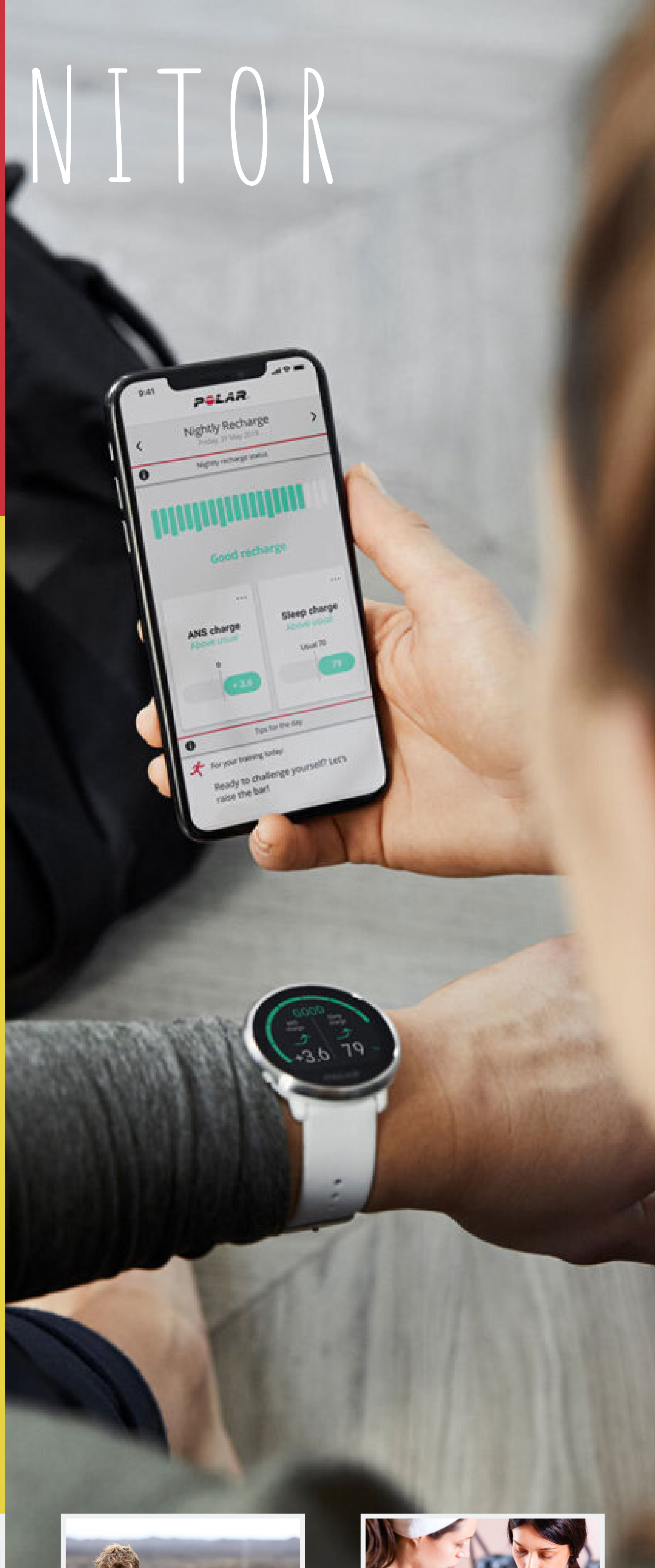
There should be no weight loss without exercising; here are today's tips to help you start and progress with your training.

You need to use a heart rate monitor. If you don't have one this should be your first investment, nowadays you can find affordable cardio watches that have lots of functions.

You can also buy a HR bluetooth belt and connect it to your smartphone.

This piece of technology will help you in this first training phase to monitor each training in real time and make sure you don't go over 80% of MHR.

Use training analytics to evaluate your training load and progression, it will also motivate you to continue.



Choose a monitor that includes GPS, if you run and cycle, some also measure swimming



Use a smartphone to track workouts, there are many free fitness apps



Monitor your HR level while training, below 80% MHR for the first 6 weeks



You don't necessarily need a watch, a cardio belt can connect to your smartphone



# SHOPPING LIST

The material you should be looking for



## GPS CARDIO WATCH



★★★★★ (36 Reviews)

**Polar Ignite - Montre fitness Multisports avec Mesure de la Fréquence Cardiaque au Poignet, Guide d'Entraînement, GPS,...**

[Amazon.fr](#)



## FITNESS ACTIVITY



★★★★★ (59 Reviews)

**Polar - A360 - Tracker fitness avec suivi de la fréquence cardiaque**

[Amazon.fr](#)



## HR MONITOR



[Prime](#)

★★★★★ (362 Reviews)

**POLAR 92053178 Émetteur de fréquence noir taille : M-XXL**

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[Prime](#)

★★★★★ (77 Reviews)

**Polar OH1+ Capteur de Fréquence Cardiaque Optique Étanche, Compact et Polyvalent avec Bluetooth et...**

[Amazon.fr](#)

